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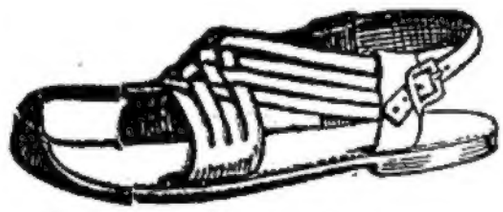

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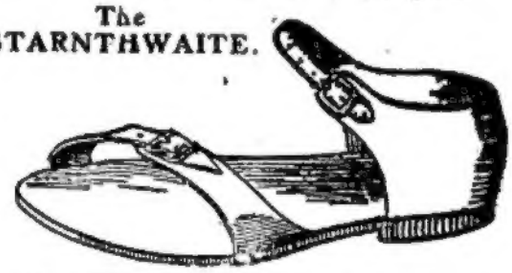

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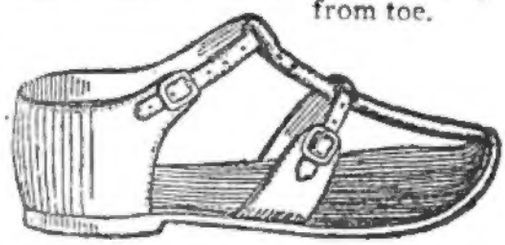

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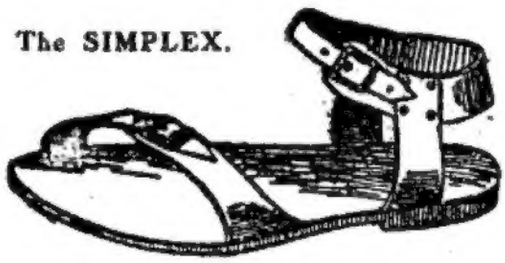

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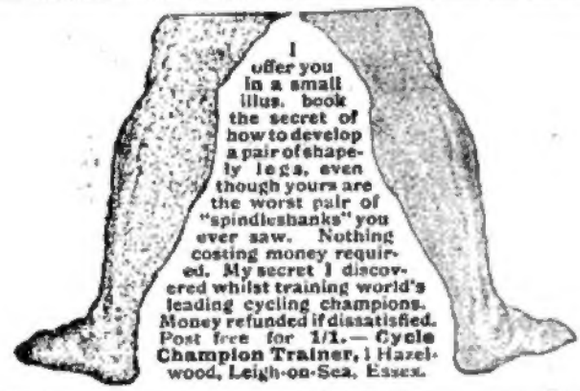
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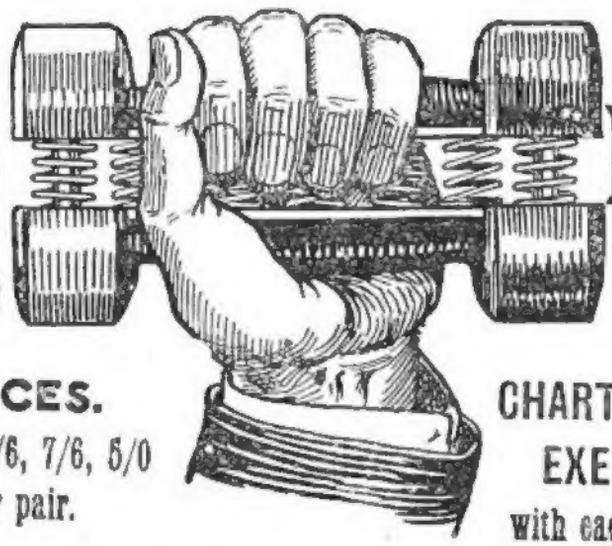

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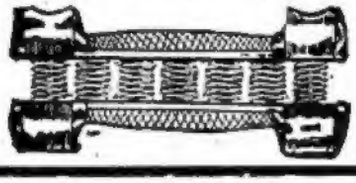

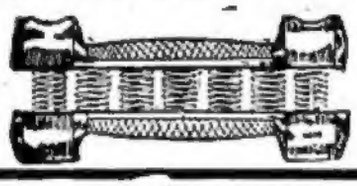

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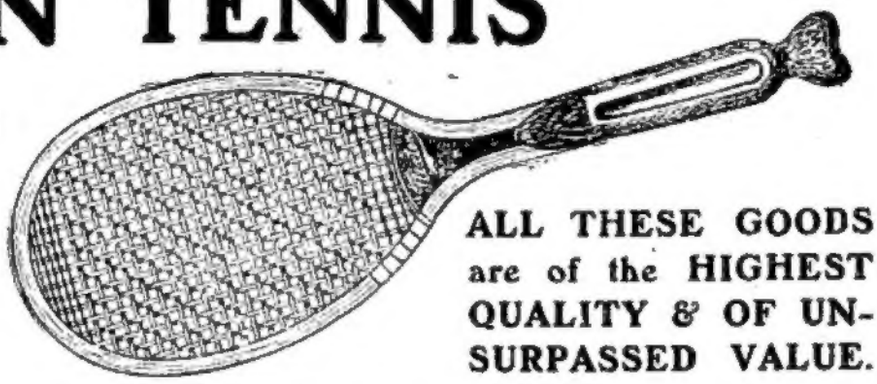

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No. 18.

MAY 3, 1906.

# SANDOW'S MAGAZINE

... OF ...

# PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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## NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

As an example of the sort of stuff that is sometimes offered for sale in the shops of our large cities, a remarkable instance is cited by Dr. Thorpe, of the Government Laboratory. One day, while walking through a street in Glasgow, he noticed, in a baker's shop window, a piece of shortbread with a green coating. He purchased the cake, and on examination found that it had been coated with arsenite of copper—there was sufficient to kill twenty people. As a result of that discovery, about a dozen similar cakes found in that shop were seized. Had those cakes been sold, it was very probable that several people would have been killed, as there was sufficient arsenite of copper in the cakes to poison between two or three hundred people.

o——o

Perhaps the worst aspect of food adulteration, however, is that aspect which affects the children. The use of boracic acid as a preservative has made the giving of milk to children a grave danger, except under medical supervision. Only recently a dealer was prosecuted and fined for selling milk containing 0.01125 of boron trioxide, and even this quantity, according to Professor Lenwood, is dangerous. Yet instances have been brought to light where there were as many as five grains to the pint. In this way people are literally being poisoned from the cradle to the grave.

o——o

There are, above all things, three great questions that must be settled before we can make any vast improvement in the health and the physique of the nation. The people must be housed properly in sanitary dwellings, the people's food must be kept clear of taint or adulteration, and the workers in every department of labour must not be left at the mercy of rapacious and self-seeking employers. Individual wealth must not be accumulated to the

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physical detriment of the worker, for, to quote Goldsmith's somewhat hackneyed couplet—

"Ill fares the land, to hastening ills a prey,
Where wealth accumulates and men decay."

o——o

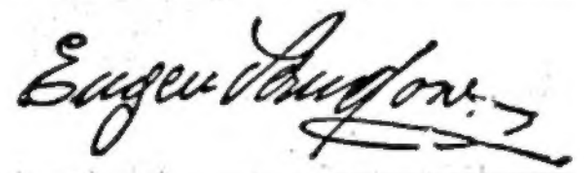
Bravo, Baden-Powell! The famous scout, in reply to a correspondent, has been dealing a sledge-hammer blow at our growing habit of becoming mere onlookers at games, "like the Romans had become immediately before that empire fell to pieces." It certainly struck me as somewhat a sad spectacle to see some 75,000 people gathered together at the Cup final at the Crystal Palace, while all the exercise was done by 22 paid players. These people remind me of the "sportsman" who sits in public-house bars and gambling dens, "spotting winners," who knows the "form" of every horse in a race, and yet who couldn't tell the difference between a racehorse and the bag of bones bestridden by Don Quixote. Let people go in for sports and athletics by all means, but don't have our games played by proxy.

o——o

One of our most popular morning newspapers has been recently enunciating some remarkable theories, the latest of which is that to be bald is to be virtuous. It quotes an expert in lunacy to the effect that "lunatics are a shaggy race," and the testimony of a magistrate to the effect that he has only met with two bald "charges" in his twenty-three years' police-court experience. It is a pity for the formulator of this unique theory of vice and virtue that the master criminal of recent years, the notorious Charles Peace, was bald-headed. After all, it is what is inside, not what is outside, a man's head that counts.

o——o

Here are ten valuable rules of life that should be committed to memory. First, never postpone till to-morrow what you can do to-day; second, never let anybody do for you what you can do for yourself; third, never spend money before you have it; fourth, never buy anything, however cheap it may be, if you have no need of it; fifth, humiliation is harder to bear than hunger, thirst, and cold; sixth, we shall never be sorry because we have too little; seventh, all work is easy that we like to do; eighth, much trouble would be spared, if we did not invent imaginary misfortunes and troubles; ninth, take hold of everything with a gentle hand; tenth, never speak when your temper is aroused.



### The Food we Eat.

Professor James Long has been giving us some nice appetizing facts about the manufacture of Gorgonzola cheese.

"I have studied the manufacture of Italian cheese in Italy," he says, "and I can truly say that nowhere have I seen less regard to cleanliness. I take an instance. The cheesemaker, a swarthy fellow working in his trousers—his only garment—handled the milk using a foul-smelling stomach of the calf—for its rennet property—instead of carefully prepared liquid or powder, his arms immersed to the shoulders, his body perspiring, his feet unclean, and the whole process so disgusting that my wife, who was present, revolts against Italian cheese to this day. Nor did I ever find that the best Gorgonzola comes to England. I see on sale or on the tables of hotels and restaurants third-class samples, which, personally, I dare not touch. Never, however, have I seen fine cheese such as one can obtain in Italy, or which will compare with our own Stilton. The public, however, knowing no better, eat it, for it is cheap and foreign.

"Let any man of experience compare the Gorgonzola system and the cheese itself as a wholesome food with our own system—makers, implements, and dairies—and our native manufacturers, and I venture to assert that there could be but one opinion—that the Gorgonzola we consume is in large part unfit for our tables."

### The Gospel of Over-Work.

Is it true that over-worked men are less happy, less healthy, and shorter-lived than others? I do not believe it. . . . They never brood, they are generally hopeful; they have little relaxation, but what they have is relished with an intensity of joy. They are the people who keep young in the true sense of the word. They have the spirit that secures the happiness because it does not shrink from the unhappiness of working days. . . . It is a vital truth that work carried beyond the boundary of the natural strength is the work that makes its mark in the world. A man has made no mark and asks himself why. It is because he has not paid the price of making the mark.—"CLAUDIUS CLEAR" in the *British Weekly*.

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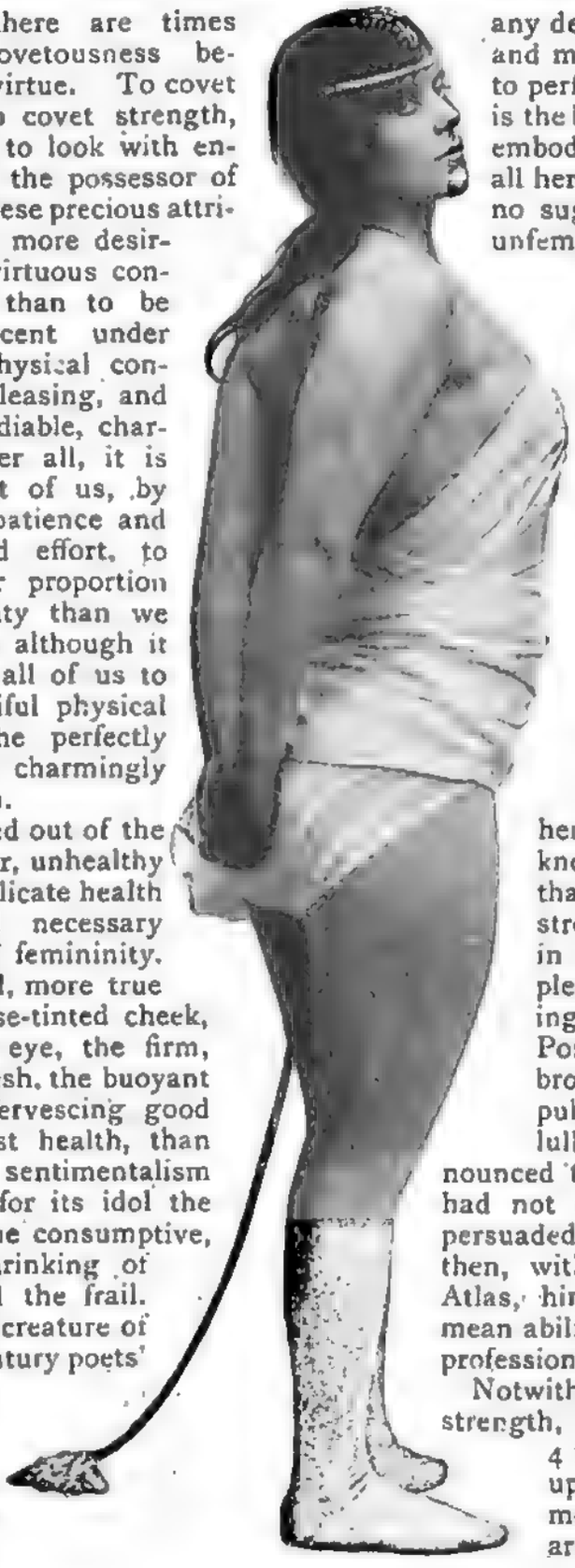
# THE STRONGEST WOMAN ON EARTH,

## AND AS BEAUTIFUL AS SHE IS STRONG.

SURELY there are times when covetousness becomes a virtue. To covet health, to covet strength, to covet beauty, to look with envious eyes upon the possessor of each and all of these precious attributes, is surely a more desirable and more virtuous condition of mind than to be ignobly complacent under æsthetic and physical conditions of less pleasing, and often of a remediable, character. For, after all, it is possible to most of us, by the exercise of patience and skilfully directed effort, to attain a greater proportion of physical beauty than we actually possess, although it be not given to all of us to reach the beautiful physical excellence of the perfectly proportioned and charmingly feminine Vulcana.



We have passed out of the age when languor, unhealthy sentiment, and delicate health were considered necessary characteristics of femininity. There is, after all, more true poetry in the rose-tinted cheek, the clear, bright eye, the firm, alabaster-hued flesh, the buoyant gait, and the effervescing good humour of robust health, than in the sickly sentimentalism that has reared for its idol the hectic flush of the consumptive, the timorous shrinking of the neurotic, and the frail, zephyr-disturbed creature of the eighteenth century poets' fine frenzy. Even the possession of extraordinary muscular strength need not necessarily imply any detraction from those physical and mental charms that conspire to perfect womanliness. Vulcana is the living human flesh and blood embodiment of this thesis. With all her enormous strength, there is no suggestion of masculinity, no unfeminine evidences of muscularity, in her action or repose. She is the true natural queen among women.

Vulcana in private life is Miss Roberts, the daughter of a popular Welsh clergyman. She is accompanied on her tours by her brother, although it can readily be understood that, in her case, chaperonage is by no means necessary to her personal safety. Indeed, on one occasion, she actually did give a member of the light-fingered fraternity a well-deserved thrashing for endeavouring to add her to his *clientele* without her knowledge. She discovered that she possessed greater strength than most girls early in life, and she took a keen pleasure in still further developing it. It was during a fete at Pontypool, organised by her brother, that she made her first public appearance. A sudden lull in the programme announced that one of the performers had not turned up, so her brother persuaded Vulcana to deputise. Since then, with her brother, known as Atlas, himself a strong man of no mean ability, she has toured the world professionally.

Notwithstanding her exceptional strength, Vulcana only stands 5 ft. 4 ins. high, and weighs close upon 11 stone. Her biceps measure 14½ ins., and her forearm 11½ ins. As a weight-

lifter, there is no woman in the world to match her. She can easily lift, above her head, with one hand, two fifty-sixes placed together, a feat that not many of our readers could accomplish. She can raise slowly, in one hand, a bar-bell of 180 lbs. to arm's length above her head. In her professional career, she has defeated hundreds of men and women, and has placed to her credit over 120 medals, and numerous other trophies. Vulcana has never once been defeated, and claims to be the champion woman weight-lifter of the world.

In most out-door forms of sport, too, Vulcana is proficient, for, as she herself says, she was always a bit of a "Tom-boy" as a girl. And she holds one trophy that she prizes most of all, a medal for saving life. While crossing a bridge over the river Usk one day, she espied two lads larking on the parapet. Thinking it was a very dangerous pastime, she hesitated, with the idea of warning them, but before she could reach them, both of the boys slipped and fell together into the river below, which was in flood at the time. Quick as the thought, Vulcana dived into the raging torrent, without even waiting to divest herself of any of her clothing, and, after great difficulty, she succeeded in bringing both the boys to the bank safely.

On another occasion, when quite a child—at the age of thirteen—she was walking through one of the main streets of Bristol, when a maddened horse, drawing an empty van—with the driver's seat unoccupied—dashed past at a fearful rate. Again, without hesitation, Vulcana threw herself at the reins, seizing them firmly, and hanging on until she succeeded in pulling up the perspiring animal.

Vulcana is a firm believer in the system of concentrating the mind upon the muscle, or set of muscles, that is being exercised. Even in the ordinary duties of the house, Vulcana recommends woman to allow her mind always to rest exclusively upon what she is doing at the moment.

"If a person," she says, "is a mere unthinking machine, he or she must lose much of the benefit of exercise that would be derived if the mind were brought into operation. One can run upstairs and receive but little benefit from the effort, but if you step in a springy way, using the instep and the front portion of the foot, instead of walking in a flat-footed way, you not only help to reduce the effort required, but you also, by so doing, develop many of the leg muscles.

"One of our objects in touring—that is, apart from the business aspect of the case—is to impress upon women

### HOW TO CREATE THE BEAUTY OF SYMMETRY

where, in many cases, it is lacking. The women must disabuse their minds of the idea that to develop the limbs spoils their beauty. There is no occasion for a woman to have muscles unduly obtrusive, but there is every reason why they should be sound and strong.

"It would occupy too much time," she continued, "to tell you all the details of the system my brother and I advocate, but, roughly speaking, I can say that women should take exercise with dumb-bells, or in whatever particular form they wish, both morning and night. A person is always stronger at night than in the morning, therefore the exercise then can be more severe than earlier in the day. Indeed, I advocate, in many cases, an avoidance of exercise in the morning, and strongly discountenance it in cases where the natural feelings are opposed to it. Where it is unduly distressing to exercise in the morning, let the duty be carried out an hour after the mid-day dinner, and then at any time between seven o'clock and eleven o'clock at night. After twelve o'clock the physical vigour begins to wane. A quarter of an hour for each exercise is sufficient for the ordinary woman."

### FAVOURITE FLESH FOODS.

"Do you know of any particular muscle-building food?" Vulcana was asked.

"Yes, lots of them," she replied.

"Perhaps you would not mind telling me a few?" said the interviewer,

"avoiding, of course, anything of the nature of a free advertisement for makers of patent commodities."

Vulcana smiled, and said, "Certainly. Porridge in the morning is an excellent muscle-making food, because it is nutritious. New-laid eggs also are good, and neither of these are what you might call patent foods. Meat once a day is another muscle-making food, and whatever the vegetarian may say, I contend that the human system requires flesh food, because it is more sustaining than vegetables exclusively. I take potatoes sparingly, and favour plenty of beans and peas, which have wonderful sustaining power. Lentil soup, also ox-tail soup, are among the best of all foods for men and women, while milk puddings and custards have their virtues. Now, I think I have avoided mentioning any particular new-fangled article; indeed, I should have done so any way, apart from your warning, for the simple reason that I disapprove of them. Plain and nutritious food is good enough for all purposes where the health and appetite are sound."

"What about intoxicating drinks?" asked the interviewer.

"The best thing to do with them," was the reply, "is to leave them alone. If one is anæmic, a little wine is certainly an advantage, but my motto is that fresh air, abundantly inhaled, is just as good a blood feeder as the best of wines."

ATLAS,
*The Strong Brother of Vulcana, the Strongest Woman.*

### Medical Protest.

Numerous alcoholic "pick-me-ups" are now sedulously forced under the noses of the medical profession.—DR. BOND, in *The Lancet*.

## Forty-Eight Years of Idleness.

SOME men can't get work; others are afraid of it. For forty-eight years one individual has succeeded in eluding it. At the West London Court recently an attempt was made to corner him, and to do this an application was made by Mr. John Haynes on behalf of a widow lady residing in Kensington against her son, who was said, by his objectionable conduct, to seriously interfere with her health and happiness.

The son was forty-eight years of age, and, though he had been turned out of the house once, he gained an entrance again by jumping the area railings and pushing his way through the kitchen door. Yet, in spite of this activity, he is a lazy man. He could easily earn his own living, as he holds credentials from influential persons, including the Prime Minister, but he prefers the luxury of an unearned breakfast, lunch, and dinner, with a comfortable bed. The attempt, however, failed, and another attempt is to be made in the County-court.

"Whatever the evidence of progressive deterioration may be, the evidence of existing deterioration on a large scale is glaring enough. Our heaps of social rubbish are tremendous. We have on our hands crowds of lunatics, idiots, cripples, inebriates, paupers, criminals, blind, deaf-and-dumb, and hopelessly diseased persons, and no one can say that the physique of the working-classes in our large towns is satisfactory or anything but deplorable."—SIR JAMES CRICHTON BROWNE

# THE ATHLETE AND HIS FOOD.

**Men in Training should be able to make Muscle on almost any Food.**

MR. W. BEACH THOMAS, the veteran oarsman, contributes a wonderfully interesting and common-sense article on food for athletes to the columns of the *Outlook*. The appearance of such an article on such a subject in such a paper is in itself a pleasing evidence of the present-day popularity of physical education and training. Mr. Thomas says:—

"A man in hard and regular exercise with nothing but his exercise to think of may be regarded as a blacksmith's furnace on which the bellows is being used. It will burn slack coal almost as well as nuggets of the best anthracite. The draught and cumulative heat are so great that food and fuel are of infinitely less importance than on the common fire with indifferent draught and no bellows. Men in training will develop hard muscle whatever their food, so long as it is in plenty and moderately combustible. To drop a metaphor which will not carry us the whole way, if you take care of the exercise the food will take care of itself. The danger of training is not the eating of improper food, but the mental state known as staleness which comes more often than not from want of change. If the same sort of meal is added to the same sort of exercise, the same company, the same subjects of conversation, the less vivacious minds can scarcely avoid the depression of insistent dulness.

"Any number of instances may be quoted of the attainment of great muscular fitness on different foods. Mr. Miles wins the tennis championship—and wins it perhaps more by superior fitness than any other quality—on apples, dried milk, and biscuits. One of the finest cyclists in England has won his races on a diet of white bread and vegetables. The most physically efficient race of men in the world are probably Irish boatmen, who live on anything they can get, but especially fish and potatoes. Miners, as a rule, live, as they say, 'well.' That is, they eat the best of everything, especially meat. Beef is the standing dish on most training *menus*. The reason why all these different people grow fit on such different foods is not, I think, only or chiefly difference of constitution. It is due to the fact that errors in diet produce the minimum of injury, thanks to the compensation of regular exercise, which serves as bellows. Personally, I believe that the vegetarians are nearer the right philosophy; but this is an unessential idiosyncrasy and not the point. My argument is that, since all wholesome food is good and the one danger is staleness, much the best training diet is a mixed diet. No single food has special value. An interval of bread and fruit might save vivacity and would not decrease muscle.

"That self-conscious nervous state into which many athletes train themselves ought not to be at all necessary to excellence, though doubtless it often exists along with very fine muscular efficiency. A remarkable instance of the fatal effects of the popular fallacy was seen when George, the finest runner that ever ran, was first taken in hand by professional coaches. They had been used to less exuberant vitalities and went very near to ruining his chances by insisting on their orthodox diet. There is no doubt that the health of vast numbers of men in training has suffered from not drinking enough, and abstinence due to established theory. It is one of the many boons owed by Oxford athletes to Dr. Collier that he finally shattered this 'drought fallacy' by a lecture delivered, as was right, at a scientific club."

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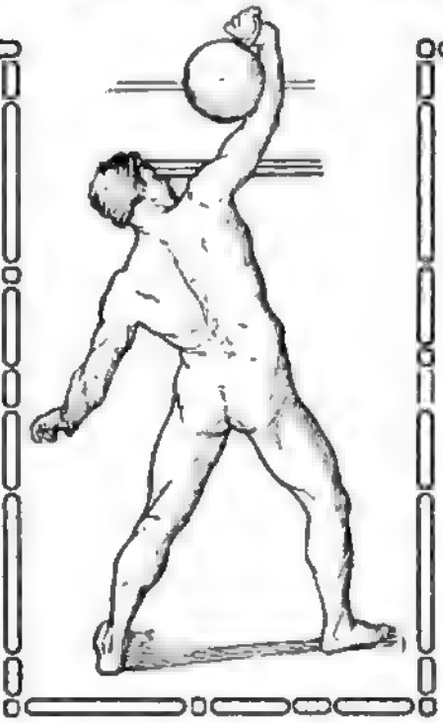
"Everyone should consider his body as a priceless gift from one whom he loves above all, a marvellous work of art, of indescribable beauty, and mastery beyond human conception, and so delicate that a word, a breath, a look, nay, a thought, may injure it."—NIKOLA TESLA.

# THE ART OF WEIGHT-LIFTING.

**Arthur Saxon's Theory of Strength and its Acquisition.**



"MY idea will be, and always has been, to leave the muscles to look after themselves, but I place a premium upon the possession of untiring energy, great stamina and vital power, and a sound constitution."

Such is the assertion of Arthur Saxon, the well-known weight-lifter, in his book on the "Development of Physical Power." After giving some interesting autobiographical facts, in the recital of which he says, "I have always been strong, and can only guess what it is like to be weak," he first of all gives his readers his own definition of strength. He says:—

"Genuine strength should include not only momentary strength, as proved by the ability to lift a heavy weight once, but also the far more valuable kind of strength known as strength for endurance. This means the ability, if you are a cyclist, to jump on your machine and ride 100 miles at any time without undue fatigue; if a wrestler, to wrestle a hard bout for half an hour with a good man without a rest, yet without becoming exhausted and reaching the limit of your strength.

"Apart from sports, enduring strength means that the business man shall stand, without a breakdown, business cares and worries—that he shall be capable, when necessary, of working morning, afternoon, and night with unflagging energy, holding tightly in his grasp the reins of business, retaining all the while a clear mind and untiring energy, both of body and brain.

"The man who can miss a night's rest or miss a meal or two without showing any ill effect or without losing any physical power, is better entitled to be considered a strong man than the man who is only apparently strong being possessed of momentary strength, which is, after all, a muscle test pure and simple. In the latter case, where a man raises, once only, a heavy weight, all that he proves himself to possess is muscular control and great contractile power, but this does not guarantee sound internal organs, nor does it prove that a man would come out well in an endurance test. The man capable of long feats of endurance should live longest, and such a man will find his powers of more avail in every-day life than the man who has sacrificed vital strength for an extra few eighths of an inch of muscle, and perhaps the ability to raise a few pounds more in a certain position in a weight-lifting test."

As no doubt most of our readers are aware, Mr. Saxon always plumps boldly for heavy dumb-bells rather than light ones, especially for those who wish to go in for weight-lifting. His theory is that it is better to use heavy dumb-bells with fewer repetitions rather than light bells with numerous repetitions.

"To such," he says, "as have in view the improvement of health or development of muscle only, I have nothing to say, as any system of light training will improve such, and for health no doubt light dumb-bell work and any rubber appliance is good, especially for the business man to whom weight-lifting probably would not appeal, and who would find it dangerous perhaps to start on a course of weight-lifting without previous training. Therefore, I admit

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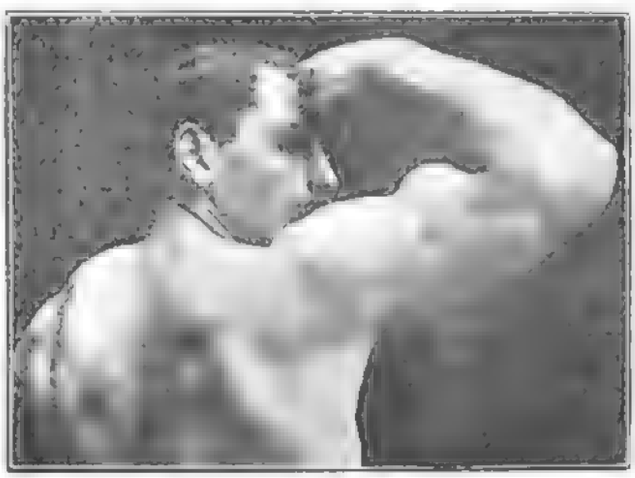
that, in the case of a man who has the least suspicion of internal weakness or a weak constitution, it is absolutely essential that a preliminary course of light exercise be gone through with the object of strengthening the body and preparing all round for the harder work involved in weight-lifting. Also, if a man has attained, say, the age of 35, and wishes to practise with weights, if out of condition, he, too, would be safeguarded by first practising light dumb-bell work, or even, perhaps, some of the many free movements which are so largely advocated to-day. But, at the same time, I would say that the man who knows himself to be already constitutionally sound and internally perfect, with good physical development, should not waste time in light exercises of any description, but go right on to weight-lifting, of course, practising at first with such weights as could be lifted with ease and comfort."



ARTHUR SAXON,
*Who describes what it feels like to press up 350 lbs. with one hand.*

One of the most nteresting chapters in the book is that entitled "The Bugbear of Training."

"Carefully adjust your work to your condition at the moment. Ask yourself each time you lift, 'Am I in good form to-day?' If you feel yourself in good form—specially 'fit'—then that is the time to try a 'limit' lift. Note what you have raised that day—the weight and the date—and at another suitable time see if you can surpass your last record lift by a few points.

"Such pleasant, invigorating, and helpful aids to training as massage, towel friction, and sponge-down, are all direct helps in aiding one to continue constantly and persistently with the practice. Without regularity good results cannot be expected, yet immediately your mind, always questioning your condition, and ever ready to appreciate a weakness tells you that you are stale, an immediate and entire rest is imperative. To go on when stale is to invite an entire breakdown. I have known even nervous exhaustion to attend the misdirected efforts of the athlete who persists in hard training when he feels himself going to pieces through over-work. To try to work like a machine, knowing that ever at one's side stands the bugbear of training, ready to weaken one's resources through over-work, and bring about a breakdown, is the height of folly. Nature has given one an instinct which will make heard, with warning notes, the danger signal when over-fatigue threatens, and this signal should never be allowed to pass unnoticed."

As was recently stated in this magazine, Mr. Saxon lifted a 350-lb. dumb-bell in one hand, and he describes this experience in a special chapter.

"I have often," he says, "been asked what it feels like to press 350 lbs. with one hand, and perhaps to my readers the different sensations experienced will be interesting. In the first place, immediately I start to press the weight away from the shoulder I become perfectly oblivious to everything except the weight that I am lifting. The spectators are obliterated from my mind by the effort of intense concentration which is necessary to enable me to press the weight. I immediately engage myself in a terrific struggle in which the weight and I are competitors. And only one can win; either the weight must be lifted or else I fail. This concentration is, of course, one of the secrets of success in lifting. It enables me to bring forward the last ounce of pushing power, and for the time being to exert strength beyond that normally possessed.

"As the weight steadily rises aloft perhaps half way it wavers, the balance alters, and I have immediately, yet very

carefully and quietly, to adjust my position to the altered balance of the bell. Then I proceed with the press, my body gradually falling lower towards the left knee, my eyes fixed all the time upon the ponderous weight balanced over my head, ready to fall at a moment's notice should I weaken or place myself in a false position; and should at this moment anyone shout out, it might startle me, make me waver, and cause the weight to fall. Therefore, if I am attempting a world's record in this position, I generally ask for complete silence until I have either failed or succeeded. And I might mention here that to think of failure is to fail, and I always tell myself all the time that I am certain to succeed even though I am attempting a weight more than I have hitherto lifted. Eventually, my arm is straight, and before coming to an upright position I engage in another tussle with the enormous barbell, in which I have to exert all my will power to hold together the flagging powers of tired muscles, which have been strained by the tremendous pressure which 350 lbs. brings on to them in the effort of pressing aloft. By supreme effort of the will I fix the bell in a good position and then stand upright. Often the bar will roll on to the fingers instead of being directly over the wrist, in which case severe pain is inflicted, and I have to persevere with the lift under doubly hard conditions, or else drop the weight and try again."

For those who wish especially to train for weight-lifting, the book will be found invaluable, and we are enabled to produce one or two illustrations from it, thanks to the courtesy of the publisher, Mr. Thos. Inch, The Broadway, Fulham, London, S.W. The book is sold at three shillings.

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### Indian Cricketers Coming.

The coming cricket season threatens to fall rather flat in its parochialism, but some interest will centre in the tour of the West Indians, among whom, by the way, are two more Ollivierres. Trinidad and Barbadoes supply the bulk of the players, including the professionals, Cumberbatch and Layne, the other professional, Burton, representing Demerara. The wicket-keeper is C. K. Bancroft.

## A Good Fighter but a Bad Soldier.

**The Cossack is brave and fierce, a splendid horseman, but a bad shot and primitive in his methods of Fighting.**

**By Col. Edwin Emerson, Junr.**

THE actual fighting value of the Cossack has been much overrated. He has plenty of courage, he can manage a horse as no other man can, he is a natural fighter, but he is too antiquated in his methods to count for much against well-trained modern European troops.

I have entered into blood brotherhood with one Cossack, I have drunk kvas and vodka with more than I can remember, I have ridden with them when there was need of the wildest of Rough Rider horsemanship, I have danced with them in their national dances, I have learned their gruesome oaths and listened to their songs, martial and sad.

It is a jolly thing to knock about in the camp and in the field with a lot of Cossacks. They are good-humoured and open-hearted, boyishly trusting and demonstratively affectionate. Once they have made up their minds that a stranger is all right he becomes their guest, and nothing thenceforth is too good for him.

Only he must be able to stand the wear and tear of it. A cast-iron stomach, proof against any overdose of vodka, is one of the requisites, and another is a knack for straddling any mount.

RUGGED, BUT KINDLY.

If in addition to this you show a certain fondness for their horses, for dancing, and for Cossack songs, you will never lack for a mount or for company. The difficulty will be to escape them. They will kill you with kindness.

What wild midnight dances under a mellow Manchurian moon to the passionate strains of a strumming balaleika! What noisy drinking till deep into the night! What games of hazard played in wretched Manchuria hovels by flickering candle light! All an officer's pay would be staked on the turn of a single card. What mad horse-back rides at early dawn!

But what of the Cossack as a soldier? He will tell you indignantly that he is no soldier. It is the literal truth. The

Cossack, as a fighting man, is not what he is cracked up to be.

He is a natural-born warrior, a splendid horseman, and an ideal frontiersman, but pitted against an up-to-date army the Cossack is too primitive and old-fashioned a warrior to be of much avail. He can obey, but he cannot originate or fall back readily on his own resources. The average Cossack cannot read or write. Worst of all, he does not shoot straight.

The very equipment tells the story sabres, spears, and daggers, with carbines and fly shooting pistolets, against the Murata rifle and the Shimose shell.

The far-famed scouting talents of the Cossacks, in my opinion, have also been over-rated. As far as I have been able to observe, they are slovenly scouts, prone to take alarm too readily.

WON'T FIGHT FOR MONEY.

The Cossack scorns the very word "soldier." A sure way to arouse his resentment is to call him a soldier. The work Cossack (pronounced "Kazak") is of Central Asia origin, and means "freeman," the direct antithesis of the Russian word "soldat," meaning "paid man," "mercenary." "Cossack" simply indicates origin, and applies to men, women, and children from the moment of birth.

Yet, as I have indicated clearly, the Cossack takes naturally to a military life, though the military Cossack is not necessarily a cavalryman. There are regiments of Cossack infantry and batteries of artillery as well as of cavalry, though the great majority of fighting Cossacks are horsemen.

Neither must one imagine that all Cossacks wear Kaftans, carry spears or wear cartridges on their breasts. That is the costume of the Caucasus only, an adaptation of the national garb of the Tscherkesses, with whom the Cossacks were long at war, and whose martial power they still so admire that they imitate most of their ways. The other Cossacks, the many of the Don and those of the Asiatic frontier regions, wear uniforms much like any other Russian soldier.

All Cossacks are armed with the open-hilted Cossack sword, the "shashka," carried in a leather sheath with the hilt dangling back from a thin strap running over the right shoulder and held together by a cross strap, a hand above the scabbard rings. All have carbines of uniform calibre and manufacture. In the field they carry 100 rounds of cartridges in pouches on the belt. The carbine is always slung across the back.

The Cossacks from the Caucasus, who carry a pistol with elaborate mother-of-pearl or inlaid handle, but of surprisingly small weight and calibre, now carry their pistol cartridges in the breast fastenings, where they formerly carried their musket cartridges. They also carry a long poniard of elaborate workmanship.

The Cossack rides with almost as short a stirrup as the Arab. His saddle is even more comfortable than an American cowboy or army saddle.

There are about four million Cossacks in all. Originally they were purely a frontier people, many of whom lived beyond the pale of the Russian Empire, forming for several centuries a bulwark between the Russians and Tartars.

A Cossack the descendant of Cossacks is always encouraged by the Russian Government to penetrate to its most unsettled regions. His are the rights of the free man. He need pay no taxes. He can live where he will without passports. His contracts and agreements require no Government stamp. He can hunt and fish where he likes without suing for a permit. He lives and dies under home rule.

WAR HIS GREATEST JOY.

A Cossack who pushes forward to the unsettled regions at the frontiers is transported there with his family and belongings, at Government expense. Wherever he wishes to settle he receives from the State about 200 square acres, half of which must be arable land, while the other half is for pasturage. In return for this the Cossack must always be ready to render military service. He must furnish his own horse and equipment, receiving only his rifle, ammunition, rations, and regular army pay while engaged in military service. If his horse is lost in service, the Government must furnish him another.

Every male Cossack, excepting an only son, and a youngest son while his brothers are in service, must report at the nearest military headquarters at eighteen. He then serves three years in periods of five months of active service and seven months of reserve duty. In war all Cossacks are expected to serve.

In truth they are only too glad to do so, since war is their foremost passion. Of other passions they are by no means devoid. In youth it is love and jealousy. In old age it is drunkenness and gambling.

From infancy to old age they are passionate horsemen and dancers. Sodden drunkenness is common at all times, and is considered no disgrace.

All Cossacks are soft-spoken and exceedingly courteous in manner, with a certain wild grace and courtly dash that is captivating. At the same time they command a truly staggering vocabulary of hair-raising profanity.

All marry young, generally at eighteen —the girls at sixteen, mostly making model wives.

## "PUNCH" AND PHYSICAL CULTURE.

It is a pleasing sign of the times when the humorous pen of one of "Punch's" most humorous artists turns his pencil to physical culture. *Punch* has latterly lost much of its former conservatism, with the result that its pages have been made considerably brighter. Our thanks are due to the proprietors of that paper for permission to use Mr. Raven-Hill's excruciatingly funny drawing.

A DEAD "LOCK."

*P.C. Jones having mastered his opponent by the latest trick in Jiu-Jitsu, is now wishing the Inspector would turn up to witness his Triumph. From "Punch."*

# DRAINING NATIONAL LIFE BLOOD.

## The Dangers of Emigration.

EMIGRATION is not a cure for our sociological evils. It is, on the other hand, a disease. So argued Mr. Joseph Fels recently at a conference on the unemployed question. For it is the young, the plucky, the young men of nerve and muscle who emigrate, and it is a sad thing to see shipload after shipload of the sturdy youth of the country being carried abroad.

It was the private ownership of land, said Mr. Fels, that was the cause of poverty. It mattered not whether there was Protection or Free Trade. A "beautiful mass of poverty" was growing up in the United States. He knew that in New York City it would be possible to find 25,000 men willing to work for 4s. a day, which was equivalent to 1s. 6d. in England.

The reason why people in the country crowded to the towns was because the conditions of life in the rural districts were so horrible. A man could not get a piece of land under "right conditions," nor housing accommodation; those "poor devils" who were still in the country lived about as well as the average gentleman would have his dog live.

The solution of the difficulty was to be found in "wiping out" the system of the private ownership of land. If the Government owned all the natural monopolies, who would say that England was not large enough to support her population? There were in England twenty million acres of unused land. There was enough land in Essex, if thoroughly well cultivated, to support half the population of London.

To his mind, emigration was justly unpopular. The conditions in some of the cities of Canada were little better than those in London. Toronto was shorter of house accommodation than London, in comparison to her size, and it was practically impossible for a man earning £2 a week to find a house.

The Salvation Army had started three colonies in Canada at a cost of £80,000, and they were inhabited by only 500 people. With these figures before one, it was ridiculous to talk of emigration.

But the saddest tale of the havoc of emigration comes from Ireland. Since 1851, when the collection of the returns was commenced, no fewer than 4,028,589 persons of Irish birth have left their native land, the majority to settle, apparently, in the United States. No country in the world could suffer such a drain, in proportion to population, without feeling its withering effect. In 1841 the Irish people formed nearly a third of the population of the United Kingdom. In 1901 they were scarcely an eighth. Here are figures showing how the countries compare in this respect:—

| Year. | England & Wales. | Scotland. | Ireland. |
|---|---|---|---|
| 1841 ... | 15,914,148 | 2,620,184 | 8,175,124 |
| 1901 ... | 32,527,843 | 4,472,103 | 4,458,775 |

Since 1901, when the last census was taken, the disproportion has become greater. But it must be remembered that, in losing over four millions of her sons and daughters by emigration, Ireland has lost much of the best of her own blood. The men and women who have gone have been mainly the young and energetic—42.1 per cent. of those who left last year were between 20 and 25 years of age—while the weak and infirm have remained. The recuperative force of the country has steadily dwindled away. Hence the halving of the total population in a period that has seen the population of England and Wales more than doubled. But why should the people of this country and of Ireland decline in number? That is a question which strikes deep, and the answer will only be found in a close examination of social, economic, and agrarian conditions.

# WILL BASEBALL SUPERSEDE CRICKET?

## American Pastimes to be Quicker, more Exciting, and more Skilful.

CERTAIN games seem indigenous. The Spanish game of la pelota only appeals to the Spanish. Baseball is the monopoly of the Americans. Gaelic football only appeals to the Gaels. Cricket is the Englishman's greatest recreative asset.

And now cricket is menaced in its very nursery. An attempt is being made to introduce the American game of baseball as a summer pastime for England. True, those who seek to establish the new athletic deity in our midst, argue that they have not the slightest intention of trying to subvert King Cricket. But the question, after all, is: Will the fascinations of baseball attract the people of England more powerfully than cricket? Compared with a vigorous football match, cricket is undoubtedly slow—we speak, of course, purely from the spectator's point of view—and it is argued that the huge masses who go to watch football in the bleak, biting blasts of winter, would like some game equally exciting to while away the balmy evenings of summer. In other words, it is contended that the football-loving spectators don't care for cricket, and want something more thrilling, something to make their flesh creep.

With customary journalistic astuteness, the *Daily Mail* has sent the first shot into the conservative camps of cricket.

"If the movement," says a writer in that journal, "is controlled by the right people, there is no reason why baseball should not become as popular a game here as it is in America, particularly in view of the regrettable fact that the cricket authorities seem utterly disinclined to do anything which would make cricket more popular as a spectacle. The play of the batsmen has become so tedious to watch that there is a decided tendency on the part of the sport-loving public to keep away from all but a few of the more interesting matches, where they may be pretty sure of some bright play. Baseball would certainly appeal to those who like their sensations frequently. There is very little of the 'maiden over' about it. If a man fails to hit the ball in a given number of throws he is out. And there is no 'average hunting.' It is a quick, moving game, full of excitement, and you may see both sides 'at the wicket' within the one hour.

"In the present state of cricket, baseball might prove a highly formidable rival to the old English summer pastime, and who knows but that within the next decade we may not see the picked baseball skill of England and the United States engaged in a strenuous struggle at Lord's or the Oval?

"If baseball catches on the M.C.C. will really have to wake up."

The Woolwich Arsenal Club has already decided to form a baseball team, and Mr. W. McGregor, the "father of the Football League," writes on that decision as follows:

"I was particularly interested to learn that Woolwich Arsenal had decided to run a baseball team during the summer months for the purpose of keeping their men in good condition, and I also understand that other clubs in the south are about to adopt the same course, and that possibly there may be a Baseball Tournament in operation there during the close season.

A WONDERFUL PITCHER.

"Now I warmly commend this project, although, by the way, I am not at all sure that baseball is a better game than cricket.

"I was asked by Mr. Hart, Mr. A. G. Spalding's representative in this country, to take charge of the arrangements in connection with the baseball campaign in the Midlands, which the great American sports apparatus firm initiated. They must have spent a lot of money, with very small return. A dozen or so

professionals were brought over, and they settled in various districts in which leading football teams could be induced to take up the game. The brothers Barr were the two professionals I best remember in this locality, but there was a wonderful pitcher, named Reidenbach, who was located at Derby. He came over once or twice to play for Derby against Aston Villa, but the local men had not the faintest chance of hitting his deliveries, and he was asked not to take part in subsequent games.

A PRINCELY SALARY.

"I daresay some of my readers will think I am giving them something in the way of a fairy tale, but I can assure them that I am not doing anything of the kind. I said that none of the Aston Villa men could hit any of Reidenbach's deliveries. Not only could he make the ball swerve, but he could make it take an upward flight just as it was going over the 'plate.' The ball would come straight at you, just at a nice height for hitting; you would let fly at it, and a second later, instead of coming a little lower than your elbow, it would take an upward flight in the direction of your nose. I do not suppose the ball turned very much, but it was sufficient to make practically every stroke a miss.

"John Barnes, of the Olympic Club, Birmingham, used to be a famous player for the Toronto Baseball Club. I have heard it said that he offered to make a wager that he would go to the Aston Villa ground and, standing at the corner flag, throw the ball between the goal-posts, so certain was he of his capacity to swerve the ball. Reidenbach's ability was really wonderful, and yet I was given to understand that he was by no means one of the best pitchers in America. But then, at that time, Kelly, the most famous of all pitchers, had a salary of £1,500 a year!

A BASEBALL JOKE.

"I remember once having a really first-class joke with some people of sporting inclinations. There were a lot of us in a room together, and the conversation turned upon the subject of signing on well-known players. I quietly said, 'Yes, I well remember signing William Bassett on for Aston Villa.' A dozen of them flew at my throat instantly. Now, I object to betting on principle, but if I had been a betting man I could have gone home with well-lined pockets that night. 'You never did anything of the kind,' said one indignantly, while I think one excited individual went so far as to say, 'It's a lie.' 'Yes,' said I, reflectively, 'I well remember signing William Bassett for Aston Villa,' and again the chorus of indignation began to swell. Bets of excessive amounts were offered, but, as I say, unfortunately I did not believe in the principle of betting; unfortunately, I mean, in regard to this particular occasion.

"And yet it was perfectly true, I did sign Bassett on for Aston Villa—as a baseball player. He never played, however; still, I was perfectly correct in my statement that I signed up the great West Bromwich forward for Aston Villa.

BASEBALL AND CRICKET FIELDING.

"I have no desire to make invidious comparisons, but you cannot help having a somewhat poor idea of the fielding of English cricketers when you have watched American baseball players perform. Their stopping and catching are simply magnificent; I have never seen anything approaching it in English cricket. Of course, when one watches Jessop and A. O. Jones one realises that they have nothing to learn in the art of fielding; but, taking the afternoon through, you would never see in an English cricket team as much almost phenomenal ability as the American baseball players show. No matter at what angle the ball comes to them, it is snapped up and returned to the man at the base with one action. John Devey says that he never saw any fielding like it in cricket, and he himself became possessed of exceptional agility as the result of the practice he had at the game. It is an excellent exercise for footballers, and I trust that the scheme will prove more successful than ours did."

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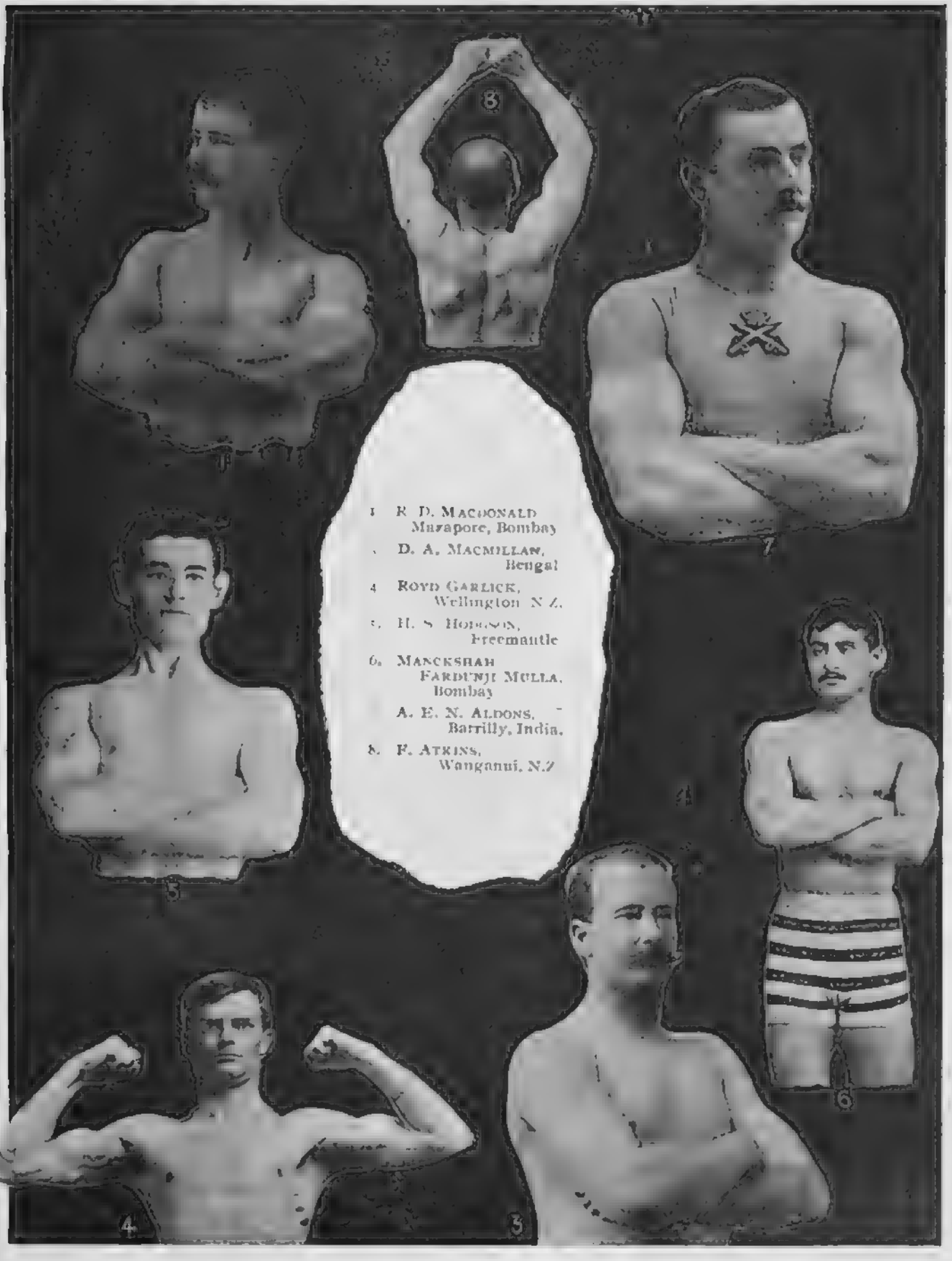
**Bantam Weight Killed.**

During a recent fight at Toronto between the amateur bantam-weight, Shenstone Wyer, of Manchester, England, and a Toronto fighter called Lauder, the former collapsed suddenly in the second round, and on being removed to the hospital died of heart failure.

# SOME SONS OF THE EMPIRE.

## Readers of "Sandow's."



# THE MODERN VENUS.

**The Female Form as it was in the Days of Ancient Greece.**

LONDON was startled recently by the announcement that a woman, greatly daring, was going to pose at the Pavilion music-hall in classical postures, "mit noddings on" but a coat of enamel. And London held up its hands in simulated horror—but crowded the Pavilion all the same. And instead of the prurient-minded finding a show possessing an element of the suggestive, it saw nothing but a refined, artistic display of cold, classic statuary, just such as one might see in any of the famous galleries of sculpture. True, it was human flesh and blood that posed instead of marble, but La Milo, the daring artiste in question, revealed no trace of life, and looked in her coat of white enamel a mere lifeless, cold, chaste piece of beautiful statuary.

I called upon her immediately after her performance, and in the young, fresh-complexioned young lady before me I could not imagine the Venus de Milo I had seen carved apparently in marble just a few minutes before. Yet so similar are La Milo's measurements to those of the original Venus de Milo, that she might easily be imagined as the very model of the original statue.

I asked her if she actually had ever posed as a painter's or sculptor's model.

"Oh no," she replied, although frequent invitations to do so have been extended to me. In fact, it was a repetition of compliments from artists which at last decided me to think out and develop my professional display. At the very outset I recognised that the appeal to the modern mind must be made by the medium of the classical masterpieces. You see, there could be no better means of exhibiting the female form. The effect is chaste, classical, and in every way complete. In no other way could the actual lines of the figure as confirmed by the ancients be so vividly contrasted with the artificial stays-defined shape as adopted by the moderns."

"Then you are a believer in the natural form?"

"A most ardent believer! From the point of view of both health and beauty, the human figure straight from the hands of Nature is unsurpassable."

"And do you think that in spite of the effects of fashion, the modern female form compares favourably with the ancient as it has come down to us in the famous pieces of sculpture?"

"To demonstrate the survival of the classical immortalisation of woman's shape is one of the chief objects of my exhibition. At the same time don't for a moment suppose that I have any mission in life."

"You are not on a mission, then?" I said, with a smile.

"Oh, dear, no. My sole desire is to entertain and to please the public. I am ambitious to do this as artistically as I can. But I would fail if I were dull. Experience indicates every day that

variety theatre standards are continually rising. But at the same time their popularity is increasing."

"And you find that ancient sculpture has still an attractive power?"

the papers were full of the subject. I fancy Londoners are quite up to the average of Americans in art, aren't they?"

La Milo is distinctly on the large scale;

LA MILO, THE MODERN VENUS, AS HEBE.

"Most decidedly. Why, in New York recently people flocked in thousands to look at a new ancient statue, the Brown Venus, supposed to be by Praxiteles, and

but in such true proportions is she shaped that size is lost sight of in the harmony of attractive beauty. The old-fashioned girl was shorter; she was thinner; she

was less robust in weight; her hips were narrow, and she had a neck like a pipe-stem. That was the ideal girl in the days when Sir Joshua Reynolds painted girls; and she was still the ideal considerably later. Even the Whistler girl, a creation of only ten years ago, is a wraith in figure; delicate, almost ethereal, and wholly passive in manner. The Beardsley girls were almost skeletons in figure. But the girl of to-day is full and robust—you would almost call her heavy. She and she must conform to them or she will be grotesque.

Of all the big girls in the world, "La Milo" is among the few who possess the correct classical proportions. She is a pretty girl, and that is still more in her favour, for good looks go a great way in the race for popularity. But it is her figure that is her principal beauty; she is perfect in every measurement. Artists seeing her say, "She is the new Venus de Milo." Even her flesh is marble.

weighs a lot and she measures a great deal. She may be called a "dear little girl," if you please, but she is certainly not a little girl if one judges her by feet and inches or by pounds and ounces.

There is a new measurement for this big girl, and she must be built in proportion. It will not do to have her a big girl only; she must be a well-shaped big girl. There are new proportions for her,

Her height is just five feet eight inches. That is the height of the new woman. She is as tall as, and measures shoulder to shoulder with, the average man.

Her weight is about 158 pounds. There is a difference in mortals. It is safe to say that 158 pounds is about right for a woman of five feet eight inches.

A thirty-eight inch bust measurement may seem rather large for the ideal

figure, but the new Venus de Milo, if she were carved in marble and placed upon a pedestal, would measure just that number of inches. She would be full in the chest and her shoulders would be broad. There is no place in the canons of art for the slender shouldered girl of to-day.

If the Venus de Milo were to be carved over again out of solid marble, by the greatest sculptor of 1906, she would stand tall, she would be wide in the shoulders, her waist would be big, and her hips would be full. "There has been a great change in ideals," said an artist, "and no one recognises this better than the artists."

The girl with the most perfect figure in the world has a waist which measures nearly twenty-six inches. This may seem large, but, to tell the truth, there is little admiration for the wasp-like waist to-day. Twenty-six inches is not too much, and, indeed, it is not quite enough if the artists are to be consulted, for they admire a big waist.

The hip measurement of the new Venus is about 42 inches. This may seem large, but it is not too much when you consider that the bust is 38 inches. Large hips are considered the thing, judged from the recent pictures of handsome women, and the girl with full hips may be thankful. The full-hipped girl is in style to-day.

The new Venus must have a full, round figure. She must be plump, not fat, but well rounded and full of curves. The texture of her flesh must be good, and she must have a fine, high colour. The new Venus is the robust Venus. She is much removed from the delicate type which flourished, in spite of her delicacy, a few years ago, and she must not be of the supine, lack-a-daisical sort, the girl who had no ambition and less appetite.

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Norman Brookes, the Australian lawn tennis player, who was the runner-up for the Singles Championship at Wimbledon last summer, has left Australia for England, to take part in the championship tournament this year. His partner for the Davis Cup, as representatives of Australia, will probably be A. F. Wilding, of Cambridge and New Zealand, who has been showing brilliant form recently in the South of France.

## How Germany Obtains Good Citizens.

Writing in the columns of *The Pall Mall Gazette*, as to the means by which the physical education of children may be best effected, Dr. C. W. Saleeby says:—

"Most of us remember the striking report of the Committee which discussed physical training in Scotland—the report which led to such outcry and to the formation of another Committee to consider the national physique. In that report it was shown how an enormous proportion of school-children suffer from physical defects, many of which demand immediate attention, many of which are gravely aggravated by the continuance of the child in school, many of which are infectious, and all of which interfere more or less gravely with the child's mental education. The inevitable step is to introduce systematic medical inspection of school-children. Dr. Leslie Mackenzie, the Medical Member of the Local Government Board for Scotland, has already written an important book on this subject, and will doubtless return to the matter in a forthcoming work of his on education—perhaps the first work on the subject, if we except Locke's, written by one who is both physician and psychologist. The first tentative steps in Germany have rapidly been succeeded by bold strides, and it is now announced that the number of school doctors in Berlin has just been increased from 30 to 44, each doctor having six or seven schools under his charge. It might easily be shown that such measures as this, though they entail some small immediate cost, effect an incalculable saving to the ratepayer's purse, and I look forward to the time when medical inspection will be universal in our State schools in this country."

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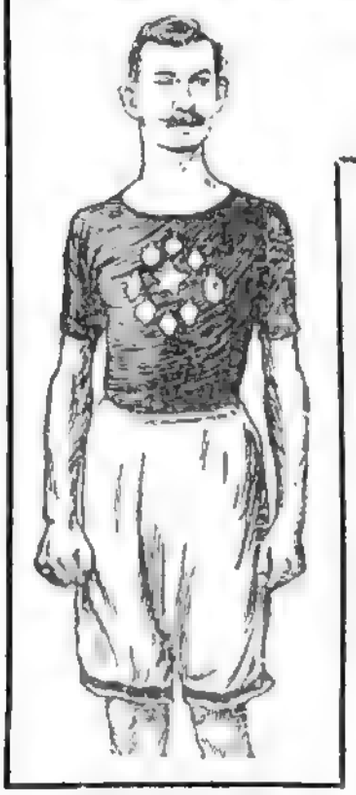
## Baseball in England.

The British Baseball Association is the latest addition to our sports' governing bodies. At the meeting of incorporation, delegates were present from the London Athletic Club, Ranelagh Harriers, and Woolwich Arsenal, Tottenham Hotspur, Brentford, Leyton, Fulham, Chelsea, and Civil Service football clubs; and these clubs, with the exception of Civil Service, who have no suitable ground, it was agreed should form the association. Mr. A. E. Kennedy (Woolwich Arsenal) was elected chairman; Mr. M. F. Cadman (Tottenham Hotspur), vice-chairman; Mr. A. Norris (Fulham), treasurer; Mr. John Cameron (Tottenham Hotspur), honorary secretary; and Mr. M. P. Cook and Mr. McWeeney, organising secretaries. The posts of president and vice-presidents were left open. A committee will be formed of one representative from each of the seven clubs forming the association, together with the officers before-mentioned. It was stated that upwards of three hundred people had signified their intention to play the game, and the first matches will be played early in May. It was mentioned incidentally that £400 worth of baseball goods were already on their way from America to England.



# HOW TO TRAIN FOR RUNNING.

By ALFRED S. REEVE.

WITH the advent of spring, a young man's thoughts lightly turn to — athletics, and every succeeding year sees an ever-increasing army donning the pumps to strive for fame and victory with flying heels on the running path. Like the great race of life many compete, but few obtain the coveted prizes. The object of this article is mainly in the interest of the young novice, the young fellow who, having arrived at what he considers mature years, seeks to emulate his acquaintances on the path, and ascertain whether any of the trophies can fall to his share. I shall endeavour to show how he can, by following the simple rules necessary to be observed, achieve that measure of success that his efforts warrant, and that he has a legitimate right to expect.

Every Englishman is at heart an athlete in some particular branch of sport, but there are thousands of young men to-day who, when gazing on the pictures of some redoubtable champions, say to themselves, "I'm not a Sandow, a Hackenschmidt, or a Munro." Perhaps he cannot swim, box, or wrestle (he might learn); well, then, let him turn his attention to the glories which the cinder path has to offer young men of England who are desirous of working off some of their animal spirits and superfluous energy. No herculean dimensions or mammoth muscles required here, the three great requisites being—a sound heart, a good pair of legs, and grit—a combination which should be possessed by every reader of this magazine. The last-named essential depends on the "nature of the beast," but the first two can be cultivated and improved to a wonderful extent. Before I go any further, let me warn any young man, whose heart has been classed by his medical man as "weak," against seeking to contend in fierce rivalry with his better-endowed opponents at running, for disaster will surely overtake him. A very great strain is thrown on the delicate and, in the case of youths, immature organ, that tends to imperil its proper development, and may lead to cardiac dilatation. Let him curb his ambition, and join a good gymnasium or walking club and systematically strengthen his affected heart along these lines.

The first thing to be taken into consideration by the embryo champion, when he has become a member of a good club in his locality, is, "What distances shall I run at? Which is my best race?" And here, at the outset, the young runner is advised to "know himself." There are scores of men on the track to-day, to my own personal knowledge, competing in mile and distance events who are born sprinters, and men who think their sole purpose in life is to annex the A.A.A. 100 yards championship, when they should be following the festive harrier. Get the advice of your club's trainer if it boasts one, if not, consult the old veterans of the club, and let them see you "pick 'em up" and give you their candid opinion as to what races suit you and where success lies; failing either, your best plan will be to compete in one or two novices' races at various distances, which are invariably found on the programme at provincial meetings, and carefully note results, after taking into consideration the conditions and circumstances of the day.

Banish from your mind the idea that a sprinter must necessarily be of heavy build, *i.e.*, a Jupp or Tremeer; you have only to

look at the performances and records of that wonderful Georgetown flyer, A. F. Duffy, to see the fallacy of such a thought. A sprinter can be any build, but he *must* have plenty of natural spring and elasticity if he is to become a "top-notcher." Men for distance races, however, are generally of slight build, though here again we find the exceptions that prove the rule.

Before competing in his maiden race, the prospective champion should undergo five or six weeks' probation in walking and vigorous dumb-bell or other exercises, to tone up the system, and get the muscles hardened to the unaccustomed strain, for nothing brings out undreamt-of aches and pains in hitherto dormant sinews more than running.

First, a few words as to

DIET.

It is impossible to lay down any hard-and-fast rules under this head, so much depending on the physique and temperament, and, in many instances, the occupation of the individual undergoing the training, one man being able, by reason of having been endowed by a kind fate with a sound digestion, to "wolf" up all and sundry, while his less fortunate brethren require very delicate catering. *Moderation* is a very safe watchword.

*Breakfast.*—This meal should be preceded, wherever possible, by a half hour's brisk walk, to create that edge to the appetite so essential to the complete enjoyment of any meal. It should be light, whole-meal bread being eaten in preference to white; the latter may be taken toasted, and butter or marmalade may aid its progress. Oatmeal porridge, while being of splendid dietetic value, should be indulged in sparingly, as it is very fattening. You can ring the changes on bacon, eggs, and fish in season.

*Dinner.*—For this, the principal meal of the day, mutton must be placed first among animal foods, good roast beef, fowl, or fish, if well done, and properly cooked vegetables may be taken in safety, *ad lib.* For drink, nothing can beat bitter beer slowly partaken of. All milk, rice, and sago puddings are excellent training foods, because of their quick digestive properties, as is also some fruit.

*Tea.*—Whole-meal bread, with an occasional relapse to jam, any fruit in season, weak tea, but *no pastry or rich cakes*, which are fatal to the wind.

*Drink.*—When writing on the subject of drink, I am confronted with somewhat of a problem; opinions, and expert ones, too, differing widely, and it is well to remember the old adage, anent "one man's meat being another's poison." Some men feel like taking upon themselves the responsibilities of Atlas after a glass or two of their favourite beverage, but, for my own part, I am quite content to leave that mythical gentleman's job to natural laws. No one can shut his eyes to the fact that our teetotal friends, in common with vegetarians, have some grand athletes in their ranks, but here again the habits and constitution of the individual have a say in the matter. A couple of glasses of beer or wine can harm no one. Indeed, a famous sprinter, whose fame has spread over two continents, once confided to me that a glass of old port, taken just before going to his mark, had a wonderful effect on his running. This is a trifle ambiguous perhaps, but this gentleman has so often breasted the tape in first-class company that I have always been inclined to think there was something in it. With regard to smoking, however, I have no two opinions, but one word only

DON'T. Smoking and success at running are at the extremes of the pole. The cold bath question may be safely left to every man himself; if, after a plunge or shower and good rub down you feel fresh and fit, then by all means continue what you have proved to be beneficial. Well, now, for the first event—the hundred yards.

SPRINTING.

Sprinting has always been considered the highest form of pedestrianism, why, I know not, but that may be because I was always particularly fond of the old Roehampton plough or the miles of Wembley Park mud-plugging. Still, after the "quarter" (which is *not* a sprint) the 100 and 120 yards are the most popular at athletic meetings.

The sprinter who wishes to get among the "pots" must assiduously practise the art of starting, which, to use an

Irishism, is the Alpha and Omega of springing. The great success of our Yankee cousins at this distance is largely due to the perfection they have brought this art to. There are several methods of getting off the mark at the report of the pistol, but the "Dap" is hard to beat. The runner who has thoroughly mastered the "Dap" need not have any fear of being left at his mark. Stand behind your mark, left foot in advance, with a distance of a foot between the two feet, bend the body so that the hands rest lightly on the chalk line. For the right foot dig a small hole about four inches in depth for a push off, as the more acute the angle of the body to the ground the less secure its foothold. Fix yourself firmly with the back foot turned a trifle outwards, and await the report from the starter; when it does come, give a violent back push with the hind foot, lift the hands from the line, bring the left foot down with a short sharp dap, then swing the right foot forward with a powerful sweep, and in an instant you are in full flight. Do not assume the vertical with a jerk, as this hinders your momentum.

You will do well to practise these starts four or five times nightly with a good pistol firer, running short, sharp bursts all out of 40 and 50 yards. Train in company wherever possible, as nothing pulls a man out more than doing his best in good company. Start a few yards behind a fleet friend, and then try and overhaul him, and your increase in pace will surprise you. Endeavour always to sum up a final dash at the 80 yards mark. Many men are demons to the three-quarter mark, then fade gracefully away, leaving those who are stronger finishers to snatch the laurels. The ex-champion, Alf. Downer, was probably the finest finisher the cinder path has ever seen. To cultivate a little extra stamina, you would do well to extend your spins to 120 yards, which will enable you to have that reserve of dash which is to stand you in good stead. When training for short distance running, a good time-keeper is a most valuable adjunct. When he clocks you under eleven seconds for the hundred I would advise you to run the distance the other way of the track, and note the results with slope of ground and wind against you.

### THE 220 YARDS.

To all intents and purposes, this race is merely an extended "hundred," and pistol practice must play a prominent part in your preparation, as races over this distance are frequently run round bends, and one must be quick off the mark to avoid bunching. Run bursts of 150 and 200 yards, increasing the distance daily until 250 yards can be run at a very good pace.

### THE QUARTER MILE.

I have now to deal with a race which many expert judges consider to be the severest of any. Be that as it may, the "quarter" is NOT a sprint; it is a race in a class of itself, as are the best performers at this distance. There are two classes of men who are found entering for, and running in, "quarters"—the stayer who is good for the 880 yards race, and your sprinter of stamina; and it is an open question which has the best chance and makes the best performer. A man who can do a fast 300 yards, and goes on to extend his training spins, will make a very warm handful in the quarter mile. Your ideal "quarter" man is strong and heavy. J. B. Densham, S.L.H., is a good example of a successful sprinter and "quarter" man. E. C. Bredin I have always regarded as our finest runner at this distance, though he never ran over 11 stone. The only chance your sprinter, pure and simple, has in this event is to systematically improve his staying powers by running through 500 yards in his best time, going well within himself, and endeavouring to raise his usual burst at the finish. In a race be sure and not lessen your speed value by travelling too slowly with the intention of making up leeway at the finish; this is fatal policy. You must maintain a steady pace throughout the race to be anywhere at the final "dust-up." The best example of a born sprinter winning races at the longer distance was Alf. Downer, the flying Jamaica-Scot. This, however, must be attributed to his phenomenal finishing powers. Get all the shelter you can in the actual contest, be on a level with the leader a hundred yards

from home, then go all out, with no thought of the morrow, changing your style by altering the position of the arms or drawing up the legs if it eases you. A week's work could be framed as follows:—

*Monday.*—A fast 200 and some pistol practice.

*Tuesday.*—A good 500 yards, say in 1.15.

*Wednesday.* — A fast quarter, endeavouring to come as near 53 or 54 secs. as possible.

*Thursday.*—600 yards at steady pace, finishing the last 80 yards in your best style and pace.

*Friday.*—Pistol practice and short dashes of 60 and 80 yards.

Walking exercise is of great benefit to the quarter-miler if not overdone to fatigue point.

### THE HALF MILE.

In this race one meets all sorts and conditions of athletes, men who never could or will run. Formerly, this race was considered a soft event, but, owing to the fast times recently put up at this distance, it has now a hotter reputation. Here we find the striding quarter man and the fast miler. The late L. E. Myers, of Manhattan A.C., I have always considered the finest half-miler that ever donned the "spikes." He was of ideal build, having an abbreviated body on wonderfully long legs, and also ample "bellows room." He ran in true American style, and maintained a splendid stride throughout a race. The "'Varsities" have given us some grand half-mile men, the names of the Revs. W. C. Lutyens and Workman standing out prominently by reason of their meritorious achievements. A runner, in my opinion, unequalled for style and power, is Mr. A. K. Cornwallis, the Oxonian, a runner I have no hesitation in saying who is equal to 1.54 on top of his form. More recently, Mr. R. P. Crabbe has accomplished splendid performances at this distance. When training for this, fast 600 yards and steady trots of 1,000 yards should be the order of the day, always keeping on the toes, and you will never feel leg-weary in the actual race. The "quarter" man must cultivate increased staying power, and the miler speed. Lengthen your spins gradually until you can do a respectable 1,000 yards, and do not be afraid of indulging in walking exercise; a brisk three miles on the track twice a week will do wonders for the legs and wind. In the race itself, get all the pace you can, running well within yourself, keeping a long stride by swinging out well from the hips, reaching the tape "all out." That great Yankee and erstwhile opponent of E. C. Bredin, Kilpatrick, once said he always endeavoured to crowd the first quarter mile into 54 secs., then tried to beat the minute for the second quarter.

### MILE AND DISTANCE RUNNING.

The mile race has a historical interest in athletics, by reason of its having been the distance over which that prince of runners, W. G. George, set up that marvellous record of 4.12, a record which, in the light of latter-day times, seems unassailable. A man, when properly fit to run a mile, can cover practically any distance recognised by the A.A.A. To do good performances at a mile requires plenty of speed, strength, and pluck. Commence your preparation by slowly covering about ten or twelve furlongs every other day, paying great attention to style, which is everything in distance running; the intermediate days being occupied in long walks, with a good rub down after; this will reduce any superfluous fat you may be troubled with. With regard to road work being detrimental to the path aspirant, I unhesitatingly say "No." I take it that staying power is always of use, and nothing is calculated to better build up this desideratum than occasional trots in rubber shoes over a good bit of level highway. The list of men who have shone both over grass and meadow, and on the cinders is too formidable and noteworthy to warrant any shadow of doubt on this point.

After a fortnight's slow work, go in for some fast "halves" and "quarters," varying the programme by ball-punching and skipping if fagged, both being splendid exercises for the wind. I cannot impress upon all beginners in distance running too much to study style before all else; bring the knees well up in front, keep on your toes, with your feet

quite straight. For distance much above one mile, moderate your track work, and increase your road walks. If at any time during training you are visited by "stitch," and most men are, I advise you to study that day's dietary, as "stitch" is generally traceable to some insignificant cause. I cannot give you a better piece of advice than to quote the words of that famous and versatile athlete, Rev. H. W. Workman, a gentleman who has won races at from 220 yards to the three miles: "Never give in in a race; the man who throws up the sponge the moment he finds he is in a tight corner will never be in the first flight, or anywhere near it. Let every effort on the part of your opponents make you grit your teeth and go one better; by doing so you will thus get a tremendous store of reserve power and future confidence in yourself."

## Men of Dual Personality.

Speaking at a recent conference of the National Association of Manual Training Teachers at Sheffield, Sir John Cockburn pointed out the real elemental value of manual training. It was, he said, the surest method of reaching the brain and developing mental operations. It was essentially a good form of education, because it called forth activity, and without self-activity there could be no true education. The mere book-student turned himself into a dictionary, and was one of the most helpless individuals in facing the actual problems of life. It had been said that one of the necessities of the age was to bring together the man of knowledge and the man of action. Their effort, however, was not so much to bring together separate personalities as to unite in the same individual the power of thought and the power of action; in every step of knowledge to make a corresponding advance in applying knowledge. That was the great object of manual training.

When to be Born.—Statistics concerning the height of women show that those born in summer and autumn are taller than those born in spring and winter, the tallest being those born in August. As far as men are concerned, those who are born during autumn and winter are not so tall as those born in spring and summer. Those born in November are the shortest, and in July the tallest.

### Symmetry and Strength both Wanted.

Even country children require physical training according to Mr. Andrew, Inspector of Schools in the Western Division of Scotland. It is true, he says in a recent report, that the country boy or girl, except perhaps when asleep, generally breathes pure air. There is often the long walk to and from the school along the quiet roads or across the hills. The boy often helps in the outdoor farm work, the girl in the kitchen or the dairy, and altogether the healthy natural environment tends to give every advantage to the growing nature. Mr. Andrew argues, however, that if physical training is less necessary here for health and strength, it may be all the more necessary for grace and symmetry. Further, the object of school training on the physical side is only half attained even when symmetrical growth in bodily strength and activity are promoted. Its aim is psychical as well as physical. It looks to the cultivation of attention and of will, and through these to the power of "self-control, concentration, obedience, order, alertness"—all of which, as Miss Ada Reid, the superintendent of physical education under the Glasgow School Board, has recently pointed out, are important elements in the formation of character, which may thus be influenced by systematic physical training, and the latter, therefore, is as important for rural as for urban school life.

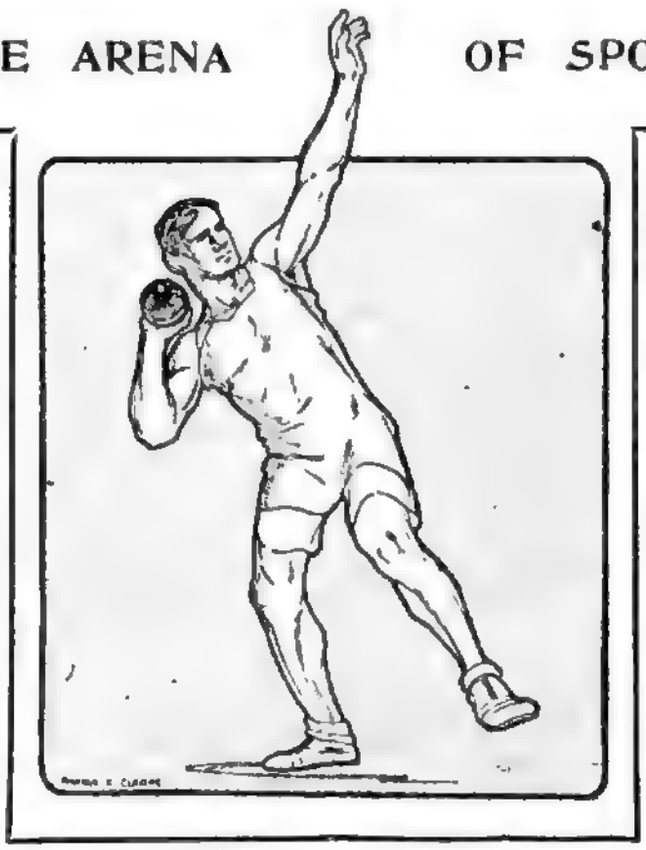
### Physical Culture in North London.

A very interesting and instructive gymnastic and ju-jitsu display was given recently at the Northern Polytechnic by the boys of the Tollington Schools. The display was under the entire direction of Prof. Wm. H. Garrud, and consisted of exercises on the vaulting horse, parallel bars, horizontal bar. All the exercises shown were good physical culture movements, not "fly-away" tricks.

Dumb-bell, bar-bell, flag, and Indian club drills were done in perfect time, while the squad-practice item, performed by about 80 boys, showed the audience how the ordinary routine of the gymnasium was carried on. The "star" item of the evening, however, was a demonstration in ju-jitsu by 20 of the boys, who worked in pairs, showing a large number of throws, counters, and holds, standing and reclining arm and leg locks, etc., finishing with a very exciting contest between Prof. Garrud and Mr. R. M. H. Thompson, one of the heavy-weight pupils of the Professor's school in the city. Notwithstanding the disparity in weight (Prof. Garrud's weight is only 9 st. 10 lbs.) the Professor, after a short bout of three minutes, during which quite half the known ju-jitsu tricks were shown, obtained a leg-lock, and put an end to the contest.

Temperance and Football.—"I have taken an active part in football for over twenty-five years, and it is to teetotalism and non-smoking that I attribute my success," said Mr. John Lewis, the celebrated referee, to a temperance gathering at Blackburn.

# IN THE ARENA OF SPORT.



### Two Channel Candidates.

Although it is somewhat early in the year for long-distance swimming in the open sea owing to the low temperature of the water, J. Wolffe (Amateur S.C.), one of those who last season put up some excellent performances on the South Coast, has already begun his preparation for an attempt to swim the Channel. He has taken up his quarters at Brighton, where he will remain till the end of June, before going to Dover. Professor W. Brickett, the well-known instructor, has charge of his training. There will, it seems, be many candidates this season for that handsome trophy, valued at £250, which has been offered for the first man who succeeds in swimming the Channel.

Ernest J. Kahn is another aspirant to the honour of swimming the English Channel, and is at present on a visit to Swansea. Kahn is an American, 6 ft. 2 in. in height, weighing 18 st. 5 lb. He intends starting training about the beginning of June. Kahn favours the course from Dungeness to Cape Grisnez. He has been used to long immersions, having been in the water occasionally for ten and twelve hours at a stretch.

### Kramer Keeps Winning.

Frank L. Kramer, the American champion, who is to meet two of the fastest Continental riders and the redoubtable Jimmy Benyon, at the cycling carnival, to be held at the Crystal Palace, under the auspices of the Anerley B.C., on May 5, made his first appearance for 1906 at Paris recently, and, with but fourteen days' training, he defeated Friol (France) and Van den Born (Belgium) in a series of match races. Kramer has now met and defeated every crack of note in the world, excepting the three riders who have been specially retained to meet the flying Yankee in the carnival in May.

### On Nature's Billiard Table.

Playing in a four-ball foursome, Mr. S. H. Fry, the amateur billiards ex-champion, went round the Chertsey golf course in seventy-four strokes—an amateur record. The previous best was seventy-five, by Mr. Minchin, of the Royal Ascot Club.

### He Deserves It.

A movement has been successfully inaugurated among amateur oarsmen to present a testimonial to Mr. Herbert Thomas Steward, chairman of the Amateur Rowing Association and the Henley Regatta Management Committee, in recognition of his long and eminent services to the cause of amateur rowing.

### Benyon's Pro. Debut.

Benyon, who beat the pick of the world's amateurs at Paris and at Antwerp, is now quartered at the New Brighton track, undergoing a special preparation for making his first appearance as a cash rider at the Crystal Palace on May 5, and, although he is asked to meet the finest professional riders in the world for his *debut*, his supporters are satisfied that he will give a good account of himself, and win one at least of the three matches.

### Record International Crowd.

The attendance at this year's international Association match between England and Scotland on the ground of the Queen's Park F.C., Glasgow, broke all previous football crowd records. The number of people who passed into the ground was 102,741. The crowd at the Crystal Palace on the occasion of the Cup final in 1901 numbered 110,802 persons, but this could not be estimated as a purely football crowd.

### Germans for Henley.

The Berlin Rowing Society, "Wiking," has decided to enter for the Grand Challenge Cup. The best crew of the Club Nautique de Grand and the Sport Nautique de Grand will also enter.

### S.A. Championship.

Arthur Douglas, the present light-weight champion of South Africa, who was in London a few months ago, is likely to be matched against Dick Cullen, the undefeated American light-weight. If a match is ratified, they will fight for the light-weight championship of South Africa. While admitting the cleverness of Dick Cullen, there are many in Cape Town who will support the chances of Douglas in a twenty-round contest. Johannesburg will in all probability be the venue.

# READERS' CLUB.

President - - - EUGEN SANDOW.

*Motto:*—One may Help Many.

**For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.**

**Readers are expected to act up to the Club Motto. and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.**

## A Call to Welshmen.

Llandyssul, S. Wales.

Sir,—I have been a reader of your most instructive magazine for some time past, and yet I have not seen the name of any Welsh reader in your "Readers' Club" columns. Although Welshmen are "well up" in athletics, it is only these athletes that pay any attention to their physical constitutions.

My aim is to develop a physique like that of the Roman or Greek soldier. My method is to exercise *systematically*. I take a cold bath or a swim (in summer), about 6.30 in the morning, and then I use the "well-known" Developer for about twenty minutes. I pay special attention to my diet. I eat no meat, nor do I drink any tea, but some cocoa and water. After school I play football or cricket for about thirty minutes. Then, after a "*light*" supper, I use dumb-bells for about ten minutes, which make up for my inability to go for a walk. Also before going to bed I take a breathing exercise.

Although I am "cramming" for the London and Welsh Matriculations, I am in the pink of form. I may also state that the upper part of my body is *well* developed.

Hoping to see some Welsh names upon the valuable pages of this magazine soon.—Yours faithfully,

D. J. Jones.

## What Enthusiasm Does.

Prescot.

Sir,—I will try and give you my experience as regards Physical Culture. About 2½ years ago I was advised by an old pupil, at the Liverpool branch of Sandow's School—in fact, a holder of several records at that school—to join the class, and I am glad to say that, while attending the class, I never enjoyed myself better, both in spirits and health. I must say that I was a sorry object to look at, the least bit of strain almost killing me; but from the time I joined the class I have been a changed man. At the end of the term, I am sorry to say, I was beaten by the narrow margin of a quarter of an inch for the gold medal that was offered for best development. Since then I have done my daily half-hour, and I feel that if I gave it up I could not live, as it is part of my life. I am glad to see that you have such a splendid motto, for I am positive that it is true, even in my own case, for I have a class of 24 young men, and I don't think there is a more whole-hearted set of young men in the country. The class is comprised of a harrier club, and I was appointed trainer, so I started a Physical Culture class. Well, our hon. sec. offered a medal for the best attender to the class, and then we got some wooden dumb-bells, and we started to work lightly at first, and then in downright earnest. Now they are all of one mind in saying that Mr. Sandow and his system are gems.

William Finney.

**Measurements.**

| | 1903. | 1906. |
|---|---|---|
| Neck | 17½ in. | 14 in. |
| Chest (con) | 31 | 31½ |
| Chest (exp) | 32½ | 38½ |
| Chest (expansion) | 1½ | 7 |
| Upper Arm (R) | 10 | 13½ |
| ,, (L) | 10 | 13½ |
| Forearm (R) | 9½ | 12 |
| ,, (L) | 9½ | 12 |
| Waist | 30½ | 30 |
| Thigh (R) | 17½ | 20½ |
| ,, (L) | 17½ | 20½ |
| Calf (R) | 13 | 14 |
| ,, (L) | 13 | 14 |
| Height | 5 ft. 8 in. | 5 ft. 8½ in. |

Watford.

Sir,—I wrote you a week or so ago, giving my measurements, etc., which I see are reproduced in your excellent magazine this week.

I must apologise to you for making a mistake in my chest measurement, viz., contracted 35½, and expanded 38, *which should read—Contracted* 33, *normal* 35½, *and expanded* 37; but have been measured again round the chest to make certain, and have now got the correct measurements. I should not like to give incorrect measurements, especially when my aim is to win your medals fairly.

A. E. Hammond.

[I have pleasure in inserting above correction. —Ed.]

### News from Natal.

Natal, S. Africa.

SIR,—Having been a reader of your valuable magazine for the past nine months, I feel it my duty to the Club to give you an idea of the great good I have derived from the study of the magazine and close application to the exercises laid down by you in your chart for the Developer, of which I am a proud possessor.

You will be pleased to know that I was first induced to take up this splendid form of exercise by a friend of mine (Mr. A. W. Jackson, late of Sowerby Bridge, Yorks.), who is the proud possessor of one of your Medals awarded for development.

On Mr. Jackson's arrival in this country, he came with an introduction to me, and naturally I was pleased to see a "towny," so invited him to my home at the above address. It was then that I saw what your system had done for him. He was a splendidly developed young man, and I decided to become such myself. Seeing I was so much interested in your system, my friend carried out the Club motto, and made me a present of one of your Developers. There is an old saying of articles being "worth their weight in gold," and I consider that for the benefits to be derived (mentally and physically) from the use of the Developer, it is worth *more than its weight in gold.*

A POPULAR WRITER ON PHYSICAL CULTURE.

Being an early riser, I make a point of going out into the fresh air and spending a few minutes in deep breathing. Then I proceed with my Developer for about twenty minutes, after which a cold bath (sorry to say I have not been able to have a shower erected), followed by light breakfast. At one time I used to feel as tired in the morning as when I went to bed, but now I feel fit for anything.

I have just had a room added to the house, and it is my intention to keep same exclusively for myself and friends to exercise in. Although I have really not been long a Sandow enthusiast, compared to some, I can gladly say I have been the means of inducing many of my friends to purchase a Developer and go in for steady healthy exercise.

It will no doubt interest members of the Club to know that since I took up this form of exercise I have been less susceptible to colds on the chest. At one period in Durban I was rarely ever really free from same, and the change which has come over me is due, I consider, to the good advice laid down from time to time in your valuable magazine. You can perhaps form an idea how much the mag. is to me when on more than one occasion I have made a special journey of seven miles to town in order that I should not miss one publication.

Now that I have the accommodation, it is my intention to purchase a few of your Developers and Grip Bells, so that they will be always at hand when my friends can come and partake of the enjoyment of a few minutes' exercise after the day's work is done.

My development has steadily improved since I commenced with your Developer, but I am not yet satisfied; my ambition is to enter for one of your Medals, and to be the possessor of one, so I am just going to keep on pegging away until I think my development sufficient to be photographed for monthly contest.

FRED. GREENWOOD.

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### With his Little Finger.

Karachi.

SIR,—I have taken your magazine for the last five months, and I think a great deal of it. I always read the Readers' Club pages with great interest. I used to pass the magazine on to a friend in my regiment, who now takes it in himself. He has also commenced doing your exercises with the Developer, and shows a good deal of improvement in his development. I now pass the magazine around to the men of my company, who are greatly interested in it. I have been doing your exercises with Developer and Dumb-bells for the last twelve months, and have increased in measurement and strength. I have also been practising weight-lifting, and can press up 112 lbs. with one hand from shoulder to arms' length above the head. I can also lift a 56-lb. weight from ground to above the head with the little finger. My company was stationed in Hyderabad, Sinde, last summer, and while there I used to work every day, although the weather was very warm, the temperature averaging 110 degrees, and sometimes it went up to 119 degrees in the shade during the hottest part of the day. The cold bath I used to have after exercising was really a warm one. O. BARTON.

# HACKENSCHMIDT'S EASY VICTORY OVER MADRALI.

## The Turk not Terrible enough.

**BRIEF NOTES BY "CUMBERLAND."**

Seven thousand, or possibly 8,000, people only were present instead of the expected 15,000.

The 5s. and 10s. seats were full, and there was a muster of nearly 1,000 in the press seats ranged in rows on two sides of the raised wrestling stage in the centre of the great hall.

The two and one-guinea seats were very sparsely occupied, and when the men appeared there was a rush of 5s. and 10s. spectators to the nearer higher-priced seats.

Quite a large number of ladies were present.

The great electric arc and bioscope carbon lights maintained a vibratory droning hum which seemed attuned to the excitement of those present.

Madrali was the first to appear, in a long dark robe. He was accompanied by his manager, the once well-known Terrible Greek, yclept Antonio Pierri.

The Turk smiled good-humouredly as he walked across the stage to his corner, slightly bowing twice or thrice as he did so.

Hackenschmidt walked on with a very tense look on his face—a look of grim determination.

Both men looked white and nerve-tensed.

Madrali dwarfed Hackenschmidt in height, but not in muscular development, the Russian Lion's magnificent chest and shoulders, in contrast with his small waist, making him appear a very Hercules.

The men were soon set to work. There was none of the old-time elaborate examination of the men's hands or clothing for evidence of unfair advantage like rosin, finger or wrist rings, or metalled belts or footgear.

One might almost have heard a pin drop as the men got to grips after a very half-hearted hand-touching, which could by no means be dignified by the description of a handshake.

Madrali was the first to touch the carpet, which he did with his hands, and it was while attempting to recover a more upright position that Hackenschmidt jumped at him with tigerish speed and tenacity, bearing the Turk to the ground and rolling him over with a hammer-lock in the short time of 1 minute 14 seconds. The time, however, I reckoned as 1 min. 34 secs., but the official timekeeper gave it as the former.

Hackenschmidt was instantly hurried off the stage by his seconds, but the Russian's whole attitude betokened joy as he lightly bounded down the steps of the stage and made his way to his dressing-room for a rubbing-down.

The Turk walked dejectedly to his corner, the while his manager, who had boarded the stage, was walking backwards before him, shrugging his shoulders, opening his hands, and evidently upbraiding his pupil.

Madrali took it all without allowing his face to change. He appeared dazed.

There was quite a ten-minute interval, with Madrali staring straight ahead with a vacant look which it was impossible to read as showing either hope or disappointment.

Silence fell again as Hackenschmidt re-appeared. He looked more hopeful than when he first walked on, but was as grimly determined as ever.

Starting again, each man tried a snatch at the other, but broke away. Madrali tried again, and brought Hackenschmidt down on all fours.

The crowd shouted to their respective favourites, but Madrali's name was loudest and most often repeated.

Madrali got a terrific hold on Hackenschmidt as he knelt on the mat, the Turk's left passing under Hackenschmidt's stomach in a vice-like grip. The Turk first tried to lift the Russian bodily, then seemed to rest while pondering the next move. Every little move of Madrali's was counter-checked, Hackenschmidt crawling hither and thither on the carpet. Madrali made another ineffectual move with the aid of his right knee at the back of Hackenschmidt.

Quick as lightning Hackenschmidt caught the Turk off his guard while the latter was reverting to his both-knees-on-ground attitude.

A mighty heave of Hackenschmidt's shoulders rolled the great mass of the Turk on to his left shoulder, Georges turning his own shoulder over on to the Turk's breast, at the same time gripping Madrali's two wrists and lifting his arms upward, thus depriving the Turk of all chance of forming a bridge by using them as levers to press the upper part of his body into the well-known "bridge arch."

My! what a mighty pressure and pull on arms it must have been to have resisted Madrali's back, neck and arm strength, yet I verily believe that, had the positions been reversed, Hackenschmidt's mighty neck strength would have lifted his heavier opponent on to what might have proved an invincible arch, or at least an arch from which he would have escaped.

In next week's issue I hope to illustrate the exact nature of the "falls," and how they were obtained.

To sum up the match—Madrali is "not in the same street" class as Hackenschmidt. The Turk is much slower physically and mentally, and he is certainly not as strong. I would assess Hackenschmidt's strength as being fully half as much again as that of Madrali.

The question now is—Where is there a man to stand against Hackenschmidt? There is a big fortune for the man who can lower Hackenschmidt's colours.

A man who is more than a mere mass of muscle is necessary. The man must have brains, too.

I have heard the name of Henry Eberle, the German, mentioned as a possible challenger of Hackenschmidt, though in the Graeco-Roman style.

Well, we shall see what we shall see, and that won't be soon.

# "SANDOW'S MAGAZINE" GOLD MEDAL PHOTO. COMPETITION.

**Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.**

## Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.
(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.
(3) A Gold Medal will be presented each month to the one who, in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.
(4) No photos can be returned.
(5) The right is reserved to publish any of the photos submitted for competition.
(6) No winner in a previous competition is eligible.
(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.
(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

## COUPON FOR MAY.

*Name of Competitor*.....

*Address* .....

## *MEASUREMENTS.*

Age .....
Height .....
Weight .....
Chest Contracted .....
Chest Expanded .....
Waist .....
Upper Arm R .....
Fore Arm R.....
Upper Arm L .....
Fore Arm L .....
Hips .....
Thigh R.....
Calf R .....
Thigh L.....
Calf L .....
Ankle .....
Neck .....

*We hereby certify that the above measurements are correct.* (SIGNED).

*Name* .....
.....
.....

*Name* .....
.....
.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

# Questions and Answers

— AND —

# Hints from Sandow.

*Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I* CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, E.C., *and these will receive prompt attention. Ordinary replies cannot be answered by post.*

### Are Bronchitis and Catarrh Catching?

WRESTLER (no address) writes: "Will you kindly settle an argument that has arisen between me and a friend in regard to bronchitis and catarrh? Do you think that by sleeping or living with persons suffering from the above complaints that a person would take, or catch, the disease?"

*Answer*: No, not unless the endangered person were in a condition that invited the contraction of the trouble. A weak or ailing person should, of course, be extra careful to avoid contamination, and even a perfectly well person should not be so foolish as to run unnecessary risks. You will understand that a perfectly strong and healthy person is in that happy condition which does not present suitable lodging quarters for disease, and if the germs of a disease should enter his body they would simply be killed off at once by the too strong resistance of such a person.

### Formation of Physical Culture Class.

W. M. (EXETER) wants to know "ways and means" in regard to formation of a Physical Culture class in connection with a Bible Class; also asks if he is too young to be a "leader."

*Answer*: As to your age this should be no bar to your aspiring to the honour of leadership. It should be simply a question of knowledge. If your knowledge is superior to that of other members, you are clearly the best man available for the post. Regarding ways and means, you would need to get the exclusive use of a suitable room on one or more evenings per week, and permission to fix up one or more Developers for training, with use also of a storage-place for dumb-bells, Developers (if latter, and other similar appliances could not be allowed to remain on walls during time when room might be required for other purposes), etc., when not in use. The appliances could be purchased with the money obtained as members' subscriptions and as subscriptions from honorary members—and here you might enlist the practical sympathy of the pastor and officials of the church who might give you names of people to approach for subscriptions.

Y. A. P. (AMSTERDAM, HOLLAND) asks for remedy for profuse perspiration when walking or cycling. He perspires "terrible," as he puts it, on the temples of his head, the armpits, and in the middle of the back, but he does not perspire so much when exercising with the Developer.

*Answer*: Profuse local perspiration is generally due to impeded general perspiration. A pupil of mine, for instance, who had been a great drinker, took next to no bodily exercise, and worked only with his head as a writer, perspired most profusely about the head, face and neck when first taking up physical culture. So profusely, indeed, did he perspire that he could scarcely see out of his eyes. I persuaded him to persevere, and from a state of extreme body weakness and pore inactivity he gradually restored the power to perspire generally, thus relieving the rush of perspiration to the head. In your case it is possible that you wear too light or too close and heavy underclothing. This is indicated by the fact

# More than Mere Hints

Are necessary to enable those readers who are threatened with, or are actually suffering from, such serious ailments as lack of energy, nervous disorders, indigestion, anæmia, liver troubles, constipation, and other bodily derangements, to attain to the highest standard of health and strength.

In the re-building of a sound body and brain, strong and healthy in every part, it is absolutely necessary to success to remedy every weak spot, otherwise there is danger of its breakdown at some time of need.

There are thousands of even well-developed physical culturists with weak points, for it is quite easy to build muscle on a body not sound in every part—just as it is easy to paint an unsound bridge and make it look alright.

If you are conscious of being troubled with any of the ailments—even if the symptoms are only temporary—mentioned in first paragraph, you *should* be fully conscious of their existence as weak points in your constitution.

Given a proper understanding of yourself, you are in a position to make good those weak points.

Just how to do this—how to accomplish this in the surest and quickest and most effective way—is explained and illustrated in a book to which you, as a reader of this Magazine, are entitled to receive quite free of charge on written application to

**EUGEN SANDOW,** Post. Inst., Dept. S.,
Basing House, Basinghall Street, London, E.C.

that you do not perspire so badly when exercising, and when, presumably, you are wearing a minimum of clothing, thus allowing your whole body to perspire. Cold water bathing of the whole body, in conjunction with regular daily exercise, will soon put you right.

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H. M. (Brighton) writes: "(1) I should esteem it a great favour if you would, through your most excellent magazine, inform me of any exercises that would tend to increase size of wrist and fingers. (2) I have been suffering from a cold for some months, which I am afraid is turning to nasal catarrh. Could you suggest a remedy?"

*Answer*: No. 2 is your most serious complaint, as it indicates a condition betokening some debility, local, if not general, and probably the latter, in view of your desire for greater size and strength of wrist and hand. You ought to take up Physical Culture at once. As you do not reside in London, and therefore cannot attend any schools, you should take a course of postal instruction, and at the end of the course I have no doubt that you would be a vastly stronger and healthier man. Write for my postal instruction book, to Dept. S., 17, Basinghall Street, London, E.C., addressing your letter to "Eugen Sandow."

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### For Athletic Philatelists.

A new series of stamps, issued in celebration of the Olympic games at Athens, has just reached this country.

The set consists of the following values and designs:—1 and 2 lepta, a discus thrower, from a coin of Cos 5th century.

3 and 5 lepta, jumper with jumping weights, copied from a discus in the British Museum.

10 lepta, Victory and Caduceus, from coin of Terina, fourth century.

20 and 50 lepta, Atlas, having changed places with Heracles, is supporting the heavens (represented by eight stars and a moon).

25 lepta, Heracles and Antinos wrestling.

30 lepta, wrestlers, with view of Acropolis in the distance, from a group at Florence.

40 lepta, Victory holding a cock, typical of cock-fighting.

1, 2, and 3 drachma, group of runners, from Panathenaic vase; and

5 drachma, victor of torch race offering a sacrifice.

All the series bear the words Olympic Games and Athens, 1906, in Greek characters.

### Laugh and Grow Fat.

Do you know that the immediate physical results of indulgence in laughter are very numerous? First of all, the act of laughing involves the exercise of a large number of muscles, including many of those of the face, neck, chest, and abdomen, which, if they are exercised sufficiently, often become correspondingly well developed, as do also all the other tissues in intimate connection with them.

The muscles of your face, if you laugh often and easily, will develop to a degree which gives the face a healthy rotundity.

But much more than this laughter accomplishes.

It has a highly beneficial influence on the heart and the lungs. In what is called a "fit" of laughter, the lungs may be almost completely emptied of their contained air. Fresh air is then drawn in to the fullest extent of their capacity, inflating those little air cells which contained previously only stagnant air and bacilli—for in the shallow breathing that we ordinarily practise comparatively large tracts of air-cells are but little used.

While this process is going on, the general circulation is accelerated, impure air is hurried out of the system, and fresh air hurried in, and with the forcible ascent and descent of the diaphragm during inspiration and expiration the liver and other abdominal organs undergo a kind of kneading not unlike that undergone during massage, which is of great benefit in rousing them from that torpor to which they are liable.

Also the heart is stimulated to more vigorous contraction during the active laughing process. If you "let yourself go," and laugh with a will, you can even bring almost all the principal muscles of the body into play. Of course, you do not often laugh quite so hilariously as that. But a "good laugh," remember, "is a good thing."—*Health*.

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### Farm for the Feeble-minded.

Among the many humane proposals of the twentieth century, one of the best is the establishment of an industrial farm colony for the feeble-minded, where persons may be received and enabled to pursue a life of peaceful industry, protected from doing harm to themselves or others. This is the scheme of the National Association for the Feeble-Minded, 72, Denison House, Vauxhall Bridge Road, Westminster. The colony will provide for both sexes, and at the commencement would be confined to persons over school age. A sum of £10,000 is needed to start the colony, and an urgent appeal is made to the benevolent, the signatories including Princess Christian.

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### Ranji's Return.

There is good hope that, after a year's absence, Ranjitsinhji will be in the Sussex eleven again, the famous batsman having written to a friend that he expects to be back in England in May.

# Our Readers' Library.

*Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.*

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Scientific and Practical. By Prof. D. L. Dowd. 322 pages, with portrait of Author, and 80 illustrations. New and Revised Edition. Cloth, bevel edge, 6s.

## Perpetual Health.

How to Secure a New Lease of Life by the Exercise of Will Power in following out the Combined "Cantani-Schroth" Cure. A new and Invaluable Method of Treatment of Disease, enabling Health to be restored quickly, even though undermined by Disorders of the gravest and most stubborn character, such as Gout, Rheumatism, Blood and Skin Diseases, etc., Without Physic. By P. M. Heubner and F. W. Vogt. Post free, 2s. 9d.

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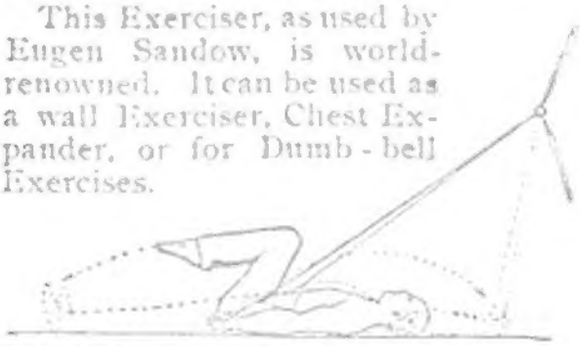

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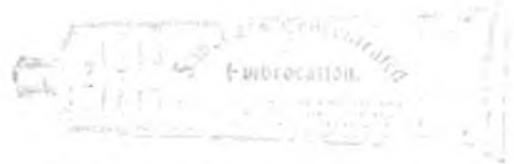


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